

A 3D anatomical model of a human heart is shown in white, positioned on the left side of the page. To its right, a blue ECG (heart rate) line is displayed against a light blue grid background. The heart and ECG are the central visual elements of the page's header.

## EXERCISE STRESS ECHO

### What is an Exercise Stress Echo?

An exercise stress echo is a combination of the Exercise Stress ECG and Echocardiogram (ultrasound of your heart).

It is used to investigate the function of your heart during physical activity. Exercise makes your heart pump harder and faster and reveal problems with blood flow within your heart. Although you heart may not show any signs of problems at rest, it may show during exercise.

An echocardiogram is performed at the beginning of the test to assess the size, structure and function of your heart muscle and valves at rest. Your heart rhythm and blood pressure will also be recorded. The treadmill will start at a slow walking pace and will increase its speed and incline at set intervals until the desired heart rate is reached. Your ECG and Blood pressure as well as symptoms will be monitored during the exercise. Once target heart rate is reached the treadmill will stop and a repeat echo will be performed at peak exercise to compare to initial assessment.

Although an exercise stress echo is generally safe there are some rare complications that may occur as with most medical procedures:

- **ALow Blood Pressure.** - You may experience symptoms of dizziness or faint during or immediately after the exercise due to a drop in your blood pressure. The problem should go away once the exercising has stopped.
- **Abnormal Heart Rhythms (arrhythmias).** Exercise may bring on an irregular heartbeat or an arrhythmia which usually go away soon after you stop exercising.
- **Myocardial Infarction (Heart Attack).** Although extremely rare, there is a small risk of acute myocardial infarction (1 in 5000).

## How do I prepare for my Stress Echo appointment?

Please wear comfortable footwear and clothing as you will be required to walk on the treadmill.

Do not eat or drink 2 hours prior to your test and allow at least 30 min for your appointment.

You will be required to sign a consent form provided by our staff at your appointment or requested prior.

Please cease the following medications prior to your test:

### **STOP 2 FULL DAYS BEFORE DAY OF TEST**

- Alprenolol (Aptin)
- Atenolol (Tenormin, Noten)
- Bisoprolol (Bicor)
- Metoprolol (Betaloc, Lopressor, Minax)
- Oxprenolol (Corbeton, Trasicor)
- Prindolol (Barbloc, Visken)
- Propranolol (Deralin, Inderal, Cardinol)
- Timolol (Blocadren)

### **STOP 1 FULL DAY BEFORE DAY OF TEST**

- Diltiazem (Cardizem, Cardizem CD)
- Verapamil (Isolptin, Veradil, Anpec, Cordilox, Veracaps SR)
- Nitrates (Transiderm, Nitrobid patches, Nitrodur, Imdur, Isordil)

## How do I get my results?

The Cardiologist will review your images and monitoring data and will complete a diagnostic report usually on the day of the test. The report will then be sent to your referring doctor.